

Challenge Yourself to 4 Weeks of Better Health

Build a healthy habit and connect with others along the way! Follow facebook.com/PorticoBenefits.org for tips. And if you have Portico's ELCA-Primary health benefits, visit PorticoBenefits.org/livewell to earn wellness dollars by tracking your minutes online in the 2019 Live Well tool.



Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Grab a friend to kick-off your challenge!</p> <p>GROUP WALKS CAN:¹</p> <ul style="list-style-type: none"> - Improve mental health - Reduce stress - Boost overall well-being <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Never forget how wildly capable you are.</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>DID YOU KNOW...</p> <p>Walking 5.5 miles per week reduces your risk of cardiovascular events by 31%.²</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>DID YOU KNOW...</p> <p>Rest is essential for your overall well-being.</p> <p>Deep relaxation can:³</p> <ul style="list-style-type: none"> - Relieve stress and anxiety - Decrease blood pressure - Relieve pain - Improve immune health <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>

Week 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>DID YOU KNOW...</p> <p>A 15-minute walk can help tame your sweet tooth.⁴</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Appreciate where you are in your journey, even if it's not where you want to be. Every season serves a purpose.</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Strive for progress, not perfection.</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>

4-Week Activity Tracking Calendar

Week 3

<p>Day 15</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 16</p> <p>DID YOU KNOW... Walking 5-6 miles per week can prevent arthritis from forming in your knees and hips.⁴</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 17</p> <p>Success is the sum of small efforts. Keep going!</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 18</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 19</p> <p>DID YOU KNOW... Walking at least 20 minutes a day, 5 days a week can reduce your chances of getting sick. If you do get sick, you're likely to experience shorter, milder symptoms.⁴</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 20</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 21</p> <p>Take a moment to appreciate how far you've come!</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>
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Week 4

<p>Day 22</p> <p>If you want to combat muscle cramps in the heat, grab a banana! BANANAS CAN HELP:⁵</p> <ul style="list-style-type: none"> - Lower blood pressure - Prevent muscle cramps - Boost your metabolism - Improve immune health <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 23</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 24</p> <p>The secret to your future is hidden in your daily routine.</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 25</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 26</p> <p>You're in the home stretch. You've got this!</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 27</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>	<p>Day 28</p> <p>You did it! Congratulations on completing the Summer Shape-Up Challenge!</p> <p>Minutes Active:</p> <p><input type="checkbox"/> DID IT!</p>
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1. <https://www.chicagotribune.com/lifestyles/health/sc-walking-fitness-health-0330-20160325-story.html>
 2. <https://www.health.harvard.edu/staying-healthy/walking-your-steps-to-health>
 3. <https://www.mentalhealthamerica.net/conditions/rest-relaxation-and-exercise>
 4. <https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>
 5. <https://www.webmd.com/food-recipes/health-benefits-bananas>



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